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Who hurts narcissists the most?

The person who hurts a narcissist the most is someone who learns how to take their power back often by mastering a technique like “strawmanning.”

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powerful. But what if you could give them all the reactions they want... without actually caring?

That’s where strawmanning comes in. You create a fake persona that pretends to care about what the narcissist says and does. The narcissist, none the wiser, attacks this fictional version of you while the real you is quietly living your best life. You nod, agree, and give them just enough to keep them busy, but your true self is untouchable.

The beauty of this technique is that both of you feel like you’re winning. The narcissist believes they’re getting under your skin, but in reality, you’re free pursuing your goals and maintaining your peace. It’s a bit like gaslighting them into thinking they’re victorious while you walk away unscathed.

For some, especially those who naturally adapt to their environment, this method feels almost instinctual. If the narcissist thinks they know your every weakness, change the game. Become someone new. Switch up your habits, alter your responses, and watch as the narcissist scrambles to keep up.

Over time, they’ll exhaust themselves. They'll keep firing shots at the strawman while you move forward, stronger than ever. And when they finally realize they've wasted all their ammunition on a mirage, it’s a devastating blow. They were so busy trying to destroy you that they didn’t notice they were the ones unraveling.

You might be interested in reading this on Quora:

5 Weird S£xual Habits of a Narcissist.

What Phrases Do Narcissists Say the Most?

5 Reasons to Never Take a Narcissist Back.

How a Narcissist Destroys Your Body?

10 Things A Narcissist Will Never Do.

Top 10 Things That Make the Covert Narcissist Panic.

In the end, the narcissist is left with nothing. No real control, no supply, no power. And for someone whose identity relies on domination, that's a nightmare they can't escape.

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